



45°N
63°W

SEARED HAKE

on Nova Scotian Hodgepodge

INGREDIENTS:

- 2 large filets of fresh Hake
- 1 cup all purpose flour
- 2 cloves garlic, chopped
- 1 cup of frozen peas
- 5 kg of whole slab bacon
- 10 fingerling or new potatoes, halved
- 5 small pearl onions, halved
- 5 small red radishes, halved
- 1 large nub of salted butter
- ¼ cup cream
- 2 sprigs fresh thyme
- 2 tbsp canola oil
- Salt and pepper, to taste

INSTRUCTIONS:

Preheat the oven to 375F.

Take your fillets of hake and score them skin side up on a slight diagonal. Not deep enough that you will puncture through to the other side, but enough to cut through the skin. This will allow a more even cook and allow a more developed sear on all parts of the skin. Toss lightly with flour, making sure to gently shake off extra flour. In an oiled frying pan over medium high heat, place the filet skin side down. While in the pan season lightly with salt and pepper. Sear for 2-3 minutes. Flip and crisp the flesh side until golden brown, another 2-3 minutes.

In a large heavily salted pot, par boil your fingerling potatoes. To the point where you can pierce the skin but the middle is still firm (5-6 minutes). Remove from water and allow to cool on a sheet pan. Once cooled slice in half lengthwise and set aside.

Clean off dirt from the radish. Clean any rotted greens from the top, but don't fully take off the entire top.

Slice your slab bacon into small bite-sized cubes. In frying pan over medium-low heat, render the bacon until golden and crispy. Remove from pan, reserve a small amount of the bacon fat in the same bowl as the bacon. Set aside.

In a large saucepan over medium heat, melt a large knob of butter. Add your garlic and pearl onions. Allow the onions to caramelize in the butter. Add your radish and peas. Cook for 1 minute and add your cream. Add bacon and allow to reduce and thicken. Salt and pepper to taste.

Recipe provided by Andy Hay, Masterchef Canada.